



# THE GLEICHEN CALL

VOLUME XXXVII NO. 40

GLEICHEN, ALBERTA, WEDNESDAY

DECEMBER 20, 1944

SUBSCRIPTION \$2.00 PER YEAR

## SHOPRITE STORES PURCHASE MCKAY BLOCK

Another transfer of property took place when Shoprite Stores bought the store building known as the McKay block, adjoining the Gleichen Pharmacy. The deal had been talked over for sometime past and was finally concluded last week. The McKay block was occupied for some years by Shoprite Stores but a little over a year ago Shoprite bought out Ramsay Mercantile and shortly after moved the stock there. The work of installing fixtures in the McKay block began this week and as soon as the work is completed the stock will be moved in.

Shoprite Stores also own the store building where the Gleichen Hardware was located and which has been unoccupied for several years. With this two store buildings the new owners should have plenty of room in which to display goods and serve their customers.

## FROM THE FILES OF THE CALL TWENTY YEARS AGO

The steel on the new railroad round Mill on Thursday and it was a great event when the first construction train pulled in on the side track on the heels of the tracklaying machine. All work practically suspended in the district on Thursday afternoon and several hundred people gathered around to witness the laying down of the rails. The smoke from the train and the whistling of the engine was a blessed sight and sweet music for those who have waited for this for the last 17 years. Mill is quite a town already although the August put up so far can hardly be called architectural ventures. Still they may answer the purpose for a while.

Rupert Hunter left Tuesday morning to spend a few weeks vacation with his friends in Quebec. The boys are going to be come back alone.

Approximately fifty lots in the new townsite of Arrowhead has been disposed of by the C.P.R. authorities.

The new officers for the Meadowbrook hall are as follows: Pres. A. McArthur, Vice-Pres. Geo. Bell, Secy. R. P. Umbreit, Directors: Madams G. H. Walker and Wilson and Messrs. R. S. Robison, H. Sammons, G. Walker, and A. F. Wilson.

At last the rink has been flooded and as soon as the lights are installed skating will be in order every day and night of the week.

## UNITED CHURCH

Sunday, December 24th, Christmas Service at 12 o'clock noon.  
Rev. E. R. Hunt, R.A. B.D. (Supply).

**SEEDTIME AND HARVEST**  
By DR. E. W. HENRY  
Laid before the people  
Laid before the people  
Laid before the people

Another Year  
It is hard to believe that this is our sixth winter Christmas; but, on the other hand, it seems a long time to very long time. Changes in our day to day activities, privileges and responsibilities, but they have taken place so gradually that it has been easy to adjust ourselves. How different it has been for millions in Europe and Asia. How easy it should be for us to be thankful and to be grateful to those who have made real sacrifices.

How dire we, for any reason, talk about "equality of sacrifice?" If it is sacrifice to pay income tax or to buy bonds, to drive an old car or to none at all, to work a little harder, to do without luxuries, and some things are once thought necessities, then surely we must have a new word to express our sympathy and admiration for the men who are doing everything; and for the wives. Parents and children who have given husbands, sons and fathers.

We might have lost the war, and there might then have been equality of sacrifice.

By all means let us rejoice at Christmas; but, at the same time, remember the men to whom the real credit for victory should and we hope, go, and to the women who, with profound gratitude those to whom Christmas joy will never be quite the same.

## CAROL SINGING WAS AT ONE TIME CONSIDERED A CRIME

When you sing carols round the piano this Christmas—whether in the mess-room, service club, or in your own home—you'll be unconsciously repaying the debt we all owe to those unknown men and women who have kept our carols alive through a long history of grim suppression and neglect.

They ask for no better reward than that the carols which they surreptitiously passed down from parent to child, or printed on crumpled broadsides for distribution among the people should live on as part of our great national tradition.

The word carol has a dancing origin. It once meant "to dance in a ring." And carols are the true folk music of a country simple, gay, and vividly pictorial.

Right back in the twelfth century we find the Abbot Aelred of Rievaulx bitterly complaining of "chanters who gesticulated and grimaced while singing the sacred offices, and imitated the sound of thunder, of women's voices, and the neighing of horses."

The instinct for dramatic expression couldn't be stifled in the common people. Poor Pope Innocent III in vain forbade "ludi theatrales" in church. The jovial singing went on, gestures and "sounds off" developed in technique, and presently the caroling introduced the Christian crib into their lively performance, which gave a tremendous impetus to music and drama in the thirteenth century.

In his *Histoire de Theatre en France*, Petit de Julleville describes a crib ceremony which took place at Rouen in the fourteenth century: the crib was behind the altar, the shepherd came in by the great gates of the choir, and on the platform represented the angel, and "two priests of the first rank wearing almanacs will represent the shepherds and stand by the crib."

As the years went by the mystery play developed into real drama, and was performed outside the church.

Chaucer did much to encourage carol-singing, dancing, and all forms of spontaneous, buoyant expression. Most of our beautiful carols were made during the two-and-a-half centuries that spanned between Chaucer's death in 1400 and the coming of Oliver Cromwell and his Puritan Parliament.

But, even in those days there was an underground movement against what Oliver Cromwell and his joy-killing were powerless. Carols had become part of the sing-language of the common people of this land and they passed on from one generation to the next, as well as later being printed on broadsides, as illegal propaganda in to-day's Oxford, Europe, and passed round among the people.

Essentially carols are no longer required to produce new air furnaces. Essential requirements having been assured by the use of essential certificates, available supplies can now be permitted to move in the normal way.

A new type of plywood house is being exhibited in Britain with the double purpose of solving the post-war housing necessity, and the retention of labor employed in the construction of the new kind of house made of "Canadian birch plywood." It does not have a frame. It covers an area of 100 square feet. It can be prefabricated in eight sections and is designed to erect easily on a precast concrete base.

Construction of the new type of plywood aircraft methods. There is an inner and outer plywood layer glued to an insulating core by a synthetic resin. Such construction gives strength, rigidity and lightness with the added features of fire and heat resistance and sound insulation. It takes 800 man hours in the factory to make such a house and 200 man-hours at the site of erection. Duck-houses on motor torpedo boats designed to stand up to years of service in heavy seas, were the inspiration for this design. Present factory capacity is about 100 houses a week. This can be stepped up to about 1,000 houses weekly as soon as synthetic materials, interchangeable with plywood, are obtainable. As it stands, the house consumes less timber than a conventional brick house of similar size. Internal accommodations of the house are suited to the needs of the modern housewife in every detail.



## Items From The Battery

(By Battery Reporter.)

Parades are good this month and the last for the year will be on Thursday Dec. 21st at Gleichen and Friday Dec. 22nd at Bassano.

Capt. Gunderson, Adj. of the Regiment, showed two fine training pictures at this week's parade, and expects ones will be shown.

Kmax, past week for those who attended fall training. This will brighten the holiday season.

The 22nd Battery is staging their annual New Year's eve dance—Sunday December 31st. Dancing will commence at midnight. The hall will be open at 10:30 Sunday night to the merry makers. This is the first time that a dance ever began at midnight in Gleichen and the novelty of it is no doubt will have much to do with bringing out an extra large attendance. Also it will be an opportunity to welcome in the New Year and have a joyful time. The opening of the hall an hour or so before the dance begins will be a great convenience to those coming from a distance.

## CHRIST LUTHERAN CHURCH

Rev. Peter H. Mohr, Pastor,  
Sunday, December 24 Christmas service at 3 p.m.

## ST. ANDREW'S CHURCH

December 24th.  
Christmas services. Holy Communion at 7:30 p.m.  
Rev. D. A. Ford, B.A., Incumbent.

The Xmas season offers us all an opportunity to do a good deed. A check on the lack of kind words of encouragement, a little helping hand here and there will go far toward spreading the kind of spirit which makes this old world a better place to live in for all of us.

Almar Nilsson, aged 80 years, died Sunday night at Eventide Home where he had been a resident for the past five years. He was born in Sweden and came to Alberta about 19 years ago coming to Gleichen from Hanna. By trade he was a blacksmith. The funeral took place Tuesday afternoon at 2 o'clock with Major A. F. Parkinson of the Salvation Army officiating after which interment was made in Eventide cemetery.

## THE OTTAWA NEWS LETTER

Germany's last ditch stand is retarding the expected transition from war to a peace economy in Canada and abroad. Through the lack of switching to large scale civilian production in factory and on farm have been delayed, Canada's war expenditures are down a shade. Struggle war

costs for the first seven months of this year were \$1,086,000,000, a reduction of close to one per cent. Progressive demobilization of the air force is one reason for the cut in war costs but have however, been somewhat counterbalanced by high expenditures for maintaining the armies in the field in heavy fighting and spurring of ammunition and secret weapon manufacture for the final drive. Both these big items will begin to taper off once Germany is beaten.

As forecast outlay for mutual aid has increased. For seven months of 1944 mutual aid outlay totaled \$857,000,000, an increase of 21 percent over the same period for the previous year. This represents purchases in Canada of food and factory supplies. The mutual aid program is, thus, helping to maintain employment and the national income. It is expected that this will continue for some months and help to avert some of the dislocation of reduced war buying. Canada was the first nation to make up its full contribution to UNRRA, which comes under the general head of mutual aid. France has already reappeared as a customer of this nation and it is expected that Holland and Belgium will soon follow suit. These are markets for which the government has been striving in order to maintain a high postwar standard of living.

It is significant that three post-war departments, Reconstruction, Veterans Affairs and National Health and Welfare are the busiest in Ottawa these days. Though full energy is being bent on knocking Germany out of the war, the ministers and staffs of these three are working overtime both in organization and in getting the war peace program for Canada underway. The officials in charge of price floors under agricultural laws and price agency products are likewise making full preparation for necessary action in this direction. The national effort here now is double-barrelled with equal attention being paid to winning the war and providing for the environment for better living standards of all Canadians after the conflict.

One reminder of the week that there are big problems of domestic supply to be tackled in reduction of the butter ration from seven ounces to six ounces per week. This was not unexpected. But meat still remains off the ration list. Although meat that ever is being shipped overseas, the production of Canadian farmers has been so great that there is no need of returning to rationing in Canada. The wartime prices and trade board, however, are doing a good job both for producers and consumers by keeping close eye on distribution and preventing bottlenecks which would injure both the producer and the consumer. Thus local surpluses and local shortages have to a large extent been avoided to the general advantage of all Canadians.

## GIVE WAR SAVINGS CERTIFICATES

### for Gifts

Space donated by the BREWING INDUSTRY OF ALBERTA

## Peace Will Return

—and like the Star that Shone on Bethlehem, bring new hope and spirit to the peoples of the world.

Once again we wish our friends at Home, and across the Seas...

### A Glad Christmas—A Peaceful New Year

T. EATON CO.  
WINNIPEG, CANADA

## The World's News Seen Through THE CHRISTIAN SCIENCE MONITOR

An International Daily Newspaper

A Trustful—Constructive—Unbiased—Free from Sensationalism—Editorial: Aim: Timely and Instructive in its Daily Features. Together with the Weekly Magazine Section, Make the Monitor an Ideal Newspaper for the Home.

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SAMPLE COPY ON REQUEST

The outlook is that for the next year, there will be plenty of food for Canadians despite heavy demands from liberated countries and elsewhere. The policy of farm production, at least a year ahead, has been of great value in securing this result. It prevents producers going into large scale unprofitable lines and at the same time helps to assure that the food stocks in greatest demand will be produced in sufficient quantities. Official forecasts are that there will be more food available in next March—the low month of every year—than there was in March 1944.

Canada's butter ration is to be reduced to six ounces per person per week effective January 1, three ounces per person per week. These coupons will become valid each instead of four. These coupons will become valid singly instead of in pairs and will not expire at the month and so hereafter.



## OUR CHRISTMAS STORY

## "FINDERS KEEPERS"

By VIOLET MOSS

McClure Newspaper Syndicate

Ben turned his coat collar up against the biting winter wind and stared moodily into the toy store window. It looked so bright, so cheerful in the, many-colored playthings strewn in studied disorder where they might tempt the last minute Christmas shopper. In the center of the display, gleaming brilliantly, stood the red fire engine.

Ben remembered how, when they'd passed this store last week, the boy had stopped, his eyes bright, his young voice shrill with excitement. He'd said, "Look, Daddy, Mummy, look, the engine! It's got a bell, just like a real one. It's—gee, it's swell! That had been all, no demanding, no pleading. The key never better to ask for anything so long as the poverty of this last year, caused by Ben's illness, was about all his youthful memory could hold. The eager days that had been before were forgotten. He knew only disappointment and lack. And that was all wrong.

Ben's eyes were stinging, but not because of the cold. Suddenly he felt inadequate, so frustrated. This was the most important season of the year for children—it should seem to be made especially for them. How, without money? His long sickness had eaten their savings so greedily and swiftly that it had soon become necessary for Nan to work part-time. Oh, they'd never been hungry, but for months he had laid helpless, waiting until the day after the first of the year when he began his two—his job. It was a good job, too—assistant foreman at the mine. Sure, but tomorrow would be Christmas, and about that and all it should mean to his son he could do nothing.

Turning almost awfully away from the window, he walked down the street to Gilder's Department Store. He might as well do his pitifully meager holiday shopping. A few handkerchiefs for Nan, a cheap game for the boy. Oh, well, he hoped for regained health and a brighter future.

In the store, his face burning in the unaccustomed warmth, he hesitated for a moment before plunging into the swarming crowd among the handkerchief counters. Searching for an opening, his glance fell upon something dark on the floor. A change came over Ben. He leaned forward, picked it up and walked quickly, looking neither to right nor left, toward a telephone booth at one end of the store. He entered, slammed the door shut and, breathing hard, fumbled with the purse. Eight dollars! Like an answer to his prayer, he held tight to the dollars in his shaking hand. Enough to take care of this Christmas in the best manner. The regular price of something wildly luxurious like perfume for Nan. A fat turkey. This was great, this was what he wanted.

Well, what was he waiting for? He should go out right now, do his shopping, hurry home jubilantly laden with packages. But still he stood motionless, his eyes fast on the purse. It was such a shabby little piece of leather, so worn. It didn't seem to be someone's wealth. It looked as if it—oh, what of it? Finders keepers, they weepers. He stayed in the tiny booth for fully ten minutes, fighting a battle with himself. When he finally emerged, his footsteps were slow and they were headed for Lost and Found Department.

At the desk, Ben nimbly handed the purse to the clerk, vaguely heard him say, "Oh, thank you, sir! The party who lost this has already inquired. You're making somebody very happy by returning it."

Yeah, that was swell. He was making somebody happy—but not his family, his loved ones. Yet, at the clerk's hearty, "Merry Christmas to you," a surge of gladness swept over him, a feeling almost of triumph. Almost mindfully he left the store, walked about aimlessly for an hour, then remembered he hadn't done his shopping. Rushing into the nearest shop, he chose from the least expensive gift items.

When he arrived home, awkwardly hiding the packages under his coat, the boy had fallen asleep, and Ben was glad. Somehow, he couldn't stand that small pathetic face, those expectant eyes, tonight. He slipped his gifts under a chair, ate dinner with Nan quietly and went to bed.

And then it was morning, and someone was tugging at his leg. It was the boy! "Merry Christmas,

Daddy," he was shouting. "Come in! Look, it's here! It's here!" Ray, grinning and ecstatic, the youngster was pulling him into the living room. There was the shining red fire engine, other toys around it. Nan was handing Ben a package—fine leather gloves, a new pipe.

She answered the question in his eyes. "I've been saving, dear, all year on little things. I had to make this a Merry Christmas for all of us."

He pulled her to him, kissed her hard to steady the trembling of his own lips. "There's just one thing, Ben," she told him after a minute. "All this wouldn't have been possible but for some person's honesty. I lost my purse yesterday at Gilder's and it was turned in."

He held her close as the boy raced excitedly up and down the room, clanging his fire bell.

## Had Saving Habit

Britisher Who Won Money In A Sweepstake Knows How To Handle It

Thirteen years ago, level-headed William Robert Macey, of Faversham, Eng., won \$135,000 in the Irish sweepstake.

When the telegram came telling him about it he just went down to the nearby pub to buy his first pint of beer. He had to wait for his \$15 a week job in a timber yard and began drawing \$22.50 a week from the bank. The year he built a \$4500 house for himself, his wife, four sons and a daughter.

And that's about all he did with it.

Mr. Macey was left \$135,000 in cash and almost all the \$135,000 was left in trust for her.

"But I ain't be moving from here now," she said. "I'm not a one for extravagant expense either."

## Babies Benefit

Health Clinics In Australia Give These Good Start In Life

Australian babies are given a good start in life through the work of child health clinics which reach even the remote and sparsely settled districts of the interior.

Dr. F. W. Clements of the Commonwealth Health Department and Dr. J. H. G. Hume of the Commonwealth Medical Research Council, speaking recently to an Ottawa audience, said that these clinics reach 88% of all infants in Australia before at some time during their first year of life and that three out of four babies attend the clinics regularly.

Dr. Clements described the clinics in Australian towns and cities as similar to the Well Baby Centre, familiar to many Canadian mothers. Rural districts receive regular visits from mobile clinics set up in specially equipped railway cars and motor vans.

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## SELECTED RECIPES

## CHOCOLATE TOP

2 pie crusts  
2 cups milk  
1/2 cup sugar  
1/4 cup salt  
1/4 cup teagoun salt  
1 teaspoon vanilla  
1/2 cup sugar  
1/2 cup butter  
1/4 cup milk  
1/4 cup teagoun salt  
Line a 9-inch pie plate with pie paste, building up the rim well. Prick with a fork in a hot oven, 325 degrees F. for 10 minutes. Remove from the oven only long enough to pour in filling.

Filling: Heat milk. Mix the corn starch, sugar and salt and blend into the beaten eggs. Add hot milk gradually, stirring until smooth. Cook for about 30 minutes or until custard is thick. Mix chocolate in top of double boiler. Add sugar and butter. Add milk slowly, stirring until smooth. Blend smooth after each addition. Remove from heat, cool slightly, add vanilla and spread evenly over the baked filling. Yield: One 9-inch pie.

## SEVEN IS MAXIMUM

Seven is the maximum number of eclipses that can occur in one year: four of the sun and two of the moon.

## "MY HAT'S OFF TO YOUR BREAD"



## "MY HAT'S OFF TO ROYAL YEAST!"

Brings you compliments on sweet, tasty bread

ALWAYS DEPENDABLE WRAPPED AIRTIGHT TO ENSURE POTENCY

## Incomparable Leader

Churchill Meeting Wartime Needs Of Britain In Inspiring Manner

Prime Minister Winston Churchill of Great Britain has passed the 70-years milestone. As a public man who "plays cricket," Mr. Churchill merited the next compliment paid him by the 87-year-old Labor member of the British Commons, Mr. Will Thorne: "Seventy not out!" For the record of the incomparable wartime leader of the United Kingdom and the greatest single force for victory for the Allied cause is an extremely good score.

Mr. Churchill has come, forthrightness and courage beyond gauging. As a soldier-statesman he is meeting the wartime needs of the British Isles in an inspiring manner. His only counterpart in the Commonwealth is Field Marshal Smuts, Premier of South Africa, while in the broader scope of the United Nations, President Roosevelt and Premier Stalin alone approach Prime Minister Churchill in leadership ability.

From every nation—a great and small—in the Grand Alliance, will rise the prayer that Winston Churchill may be spared, in vigor of health to complete the Allied march to victory, however long and rough the last mile may prove. A dedication of world salutes the one and only Churchill as he enters a new year and a new decade—Stratford Beaconsfield.

## HATED A HOLIDAY

The town of Bahadurpur in Patalia, India, recently had its taxes cancelled for a year because a local soldier won the Victoria Cross.

## Teen-Agers Have Own Club

Ontario's ancient Canadian city which has added a "Teen-Agers" club to its assembly of amusement places. The first opened some weeks ago in Winnipeg, Man. Here a group of teen-agers are making merry on the opening night at Jean's Kitchum hall where the club is located. Hop tunes are provided by the club's own six-man band. Here George Malcolm, clarinetist, plays the girls with his live.

## Miniature Radios

Used In Holland For Listening To Allied Broadcasts

Dutch patriot workers have developed a pocket-size radio receiving set made to German specifications during the occupation of the Netherlands and used them to listen to Allied broadcasts. The existence of the tiny set was disclosed by a Hollander who approached British tank troops about to go into action somewhere in Holland. The man, who had been a laboratory worker in a radio factory, asked a correspondent if he would "like to listen to the news." He then held out a pocket watch that immediately began to vibrate with the confident tones of a BBC announcer. It was attached to a three-tube radio set packed into a small German-issued field dressing box with a Red Cross on the lid. The power came either from a battery or a hand-worked dynamo—also pocket-sized. The set was one of many that had been built as experiments—Brandon Sun.

## Clamp Down

Germany Will Not Be Able To Experiment On Weapons After The War

Prime Minister Churchill informed the House of Commons that the Allies were making plans to see that Germany could not carry out any secret experiments to develop long-range weapons after the war.

"We have a lot of regular people on the job and so have our American and Allied friends," he told a member who raised the question. Mr. Churchill said he could not disclose American and British casualties in the war against Japan at the present time as this information would help the enemy.

## Girl's Jumper



By ANNE ADAMS

An adorable jumper, splashed with embroidery, teams up with a simple blouse in Pattern 4825 to give her a winning waist.

Available in sizes in girls' sizes 6, 8, 10, 12 and 14. Size 10 jumper, 1 1/2 yards 44" fabric; 1 1/2 yards 35" fabric.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this pattern. Write plainly Name, Address and Style Number and send orders to the Anne Adams Pattern Dept., Winnipeg, New Brunswick, 155 McDermott Ave. E., Winnipeg, Man. Because of the slowness of the mails delivery of cut patterns may take a few days longer than usual.

## ITEMS KOLUMN

—By F. P. K.

Some original, some copied, but all interesting, useful or provocative!

## Safety First—

If you have plans for tomorrow, better be careful today!

## Iris—

Baz O'Meara of Montreal "Star" as guest on Hot Stove league hockey, Maple Leaf Gardens, Toronto, said on Radio, "Another long forgotten, but well remembered Montreal team is the Maroons!" Yes—Baz is he or she?

## Chevring Gum—

American soldiers overseas are consuming an average of 630 sticks of gum per man per year against 17 when in civilian life.

The Canadian Wrigley Gum Co. are ready to ship all the gum it produces, if necessary, on their Overseas Plan of 20 packages boxed for \$1.00 prepaid, to anyone in the armed forces. Your retailer for proper forms and do it now.

## 26 Babies—

On November 17th, these two headings appeared alongside each other in the Toronto Telegram, "Greatest single air assault opened winter offensive," "Modern atork express fairly transports 26 babies from Quebec City to Vancouver. Fairly regular babies—what next in Quebec?"

## Think—

Are WE really worth dying for? Answer that to yourself and act accordingly.

## Cigarettes—

On November 1 to 10 this year, Macdonald made 13,560,872 cigarettes. Over 58% were shipped to the war fronts by the Company—not counting those bought by the Home folk and mailed over.

By the way—did you know the Toronto Tobacco League, 69 King Street E., Toronto, have sent over 200 million cigarettes to the boys. Do you know voluntary subscriptions? If you send them \$10.00 they'll send 4000.

These are not sent to individuals but to distributing centers, so all in aerobically fair share. Each package of 25 will go a return card with your name and address on it and later on you'll get these back with notes from those who received the cigs. Quite a thrill too!

## Your Letter—

Postal clerks read addresses from the BOTTOM UP—not down. Place your instructions UNDER name of the city—Air Mail—Special Delivery or whatever.

## Good Work

Wholesale Self-Denial Is Done By British W.V.S.

"Wonderful work has been done throughout the United Kingdom by the British W.V.S.," says Mrs. W. E. West, director of Canada's Women's Voluntary Services. National War Services, Ottawa.

"Even the humble art of mending clothes has become an important part of the British W.V.S.," says Mrs. W. E. West, director of Canada's Women's Voluntary Services. National War Services, Ottawa.

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## Horses—

The first horse ambulance in Canada is now operating in Montreal.

If there are any horses able to read they'll appreciate this new development. One man can take the horse who has been hurt and is lying on the road—put him on a stretcher into the ambulance car by the use of a winch driven by the auto's motor. As many as five or six horses a day are removed in Montreal and taken to the owner's stables for the Vet. Many lives will be saved, especially in winter when a drowsed animal can easily get pneumonia from the chill of ice and wind.

## Buy and Buy—

The real business life of Canada is determined by the people walking into stores and buying goods.

## A Thought To Remember—

Flowers have one of their fragrance in the hand that bestows them.—Chinese Proverb.

## The Guide Book—

Small kindnesses, small courtesies, small considerations, habitually practiced, will make an intercourse, give a greater charm to the character than the display of great talents and accomplishments.

## Where Cabbage Is King—

There clear love.

## All you want—

Buy a cabbage.

## And roll your own!

"I'm Nine, She Said."

"I'm nine, she said, a minute is this little girl who brings the Globe and Mail to me each morning—through rain, cold and dark days—always on time.

She says "Good morning," with an uplift in her voice that makes me feel good. I come from a home where, past six to say the least, I'm right back to her and my day is started off right. But I'm inside, in a warm apartment, wearing a comfortable dressing gown—knitted slippers—with a cup of hot coffee already down my throat. I'm warm, I'm cozy, I'm cold wet morning, with her papers and a smile.

This morning I simply had to ask her, "I'm nine, sir," she said. Her brother has the robe, really, but he's "in war work" and she's carrying-on for her.

Search to the youngsters who get such a wonderful example—and especially to my nine year old "honorary!"

## Here's Speedy Relief For Tender, Aching Burning Feet

Your feet may be so swollen and burned that you think you can't go another step. You may be so sore that you're cutting into the flesh. You feel sick as if you're going to be sick. You're tired, anything to get relief.

Get relief from the pain and soreness of Moore's Eucalypti Oil and in a few minutes the pain and soreness will be gone.

No matter how discouraged you have been, if you have Moore's Eucalypti Oil then you have nothing to learn. Get a bottle today at all drug stores.

## A Necessary Food

Potatoes Good Source Of Iron And Contain Vitamin C

Avoiding potatoes for fear of getting fat is a service men to learn from the nutrition division, Ottawa. One medium sized potato contains fewer calories than a chocolate bar, a serving of apple pie or a serving of cake.

So, next time, think before choosing between desert and potatoes.

The importance of potatoes in the diet was recognized in Europe in the 17th century when it was discovered that scurvy followed in the wake of potato famine. Ten years later it was discovered that scurvy resulted from lack of vitamin C which potatoes supply.

Potatoes are a good source of iron necessary for good health. Without scurvy is avoidable. Baking is the best method of all.

At the average Canadian eats about 186 pounds of potatoes every year, to about 75 pounds of all other vegetables in the same period.

Approximately one-fourth of man's life is spent developing and training his mind.



